

Aging in Place



BY **SUSAN NOACK, CHAIR, TUALATIN AREA AGING TASK FORCE**

An essential part of the mission of the Tualatin Aging Task Force is to bring relevant information to our senior community, which in turn relates to everyone living in Tualatin. Following is an exciting new series to be launched at the Juanita Pohl Center this fall.

BETTER BRAINS BY DESIGN 101: What does this mean? It is a four part series of workshops presented by MINDRAMP Consulting at the Juanita Pohl Center (see schedule at the end of this column) that promotes brain health and mental flourishing for all ages; prevent cognitive decline and dementia; cultivate positive, healthy mindsets – to make long life worth living.

Each workshop will be led by Roger Anunsen, a brain health educator, program consultant and author, working in the metro area. He is a founder and co-principal of MINDRAMP Consulting that provides brain health and wellness events.

The goal of each workshop is to help you design an action plan for your brain so that it does a better job of living a long and healthy life, a life in which you can find happiness and fulfillment. Again, long life worth living, MINDRAMP challenges the notion that brains inevitably decline with age, and suggests that we can design our brains to continue growing and developing, no matter what our current age.

How does this work? At each workshop, you will lay out a plan that will enable you to consciously and deliberately craft a series of Qualongevity Action Plans to target behaviors and lifestyle changes that are most relevant to you. YOU will create the plans to design a better brain for yourself, a brain that makes it easier for you to enjoy Qualongevity, a long health span that is filled with quality of life features that are important to you.

Mr. Anunsen is confident that a one-size-fits-all approach to brain health doesn't work. Each individual needs to develop a customized brain health strategy that takes into account your unique circumstances and your specific personality. The MINDRAMP workshops will provide step by step instructions on how to identify the behaviors that are putting your brain at risk and

how to find the willpower to make and sustain behavior changes that will mitigate those risks.

Are you interested? For yourself? A loved one? Whatever your age, do you want the power to change the structure and function of your brain and promote your health and well-being – long life worth living? Say Yes! Here are the workshops and registration information:

- **Qualongevity: Building Better Brains for Longevity**, Saturday, September 10, 9 am to 11 am
- **Brain Health Risk Factors**, Saturday, October 8, 9 am to 11 am
- **Establishing Mindsets for Flourishing**, Saturday, November 12, 9 am to 11 am
- **Sustaining your Lifelong Quest for Qualongevity**, Saturday, December 10, 9 am to 11 am

All workshops will be at the Juanita Pohl Center, 8513 SW Tualatin Road, Tualatin. The cost for each session is \$10.00. To register or for more information, please call 503.691.3061.

For more information on MINDRAMP, their website is www.mindramp.org.

The Tualatin Aging Task Force meets the second Monday of each month at 3 pm at the Juanita Pohl Center. Contact susancnoack@hotmail.com for more information.

Susan Noack has lived in Tualatin for 15 years. Before retirement, she was a development director/ event planner for non-profits. Now as an "Aging in Place" senior, her passion is being an advocate for seniors and giving back to the community. She is a member of both the Meals on Wheels People and Juanita Pohl Center advisory committees and chair the Tualatin Area Aging Task Force committee.

